Promotive and Preventive Mental Health Strategies and service

By

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- **Strategies for adjusting with one's self**

- **Strategies for adjusting with one's environment**

Strategies for adjusting with one's self

1. Strategies of knowing the self: One must be quite aware with his self specifically in terms of one's strength and limitations.

2. The strategy of accepting one's self

3. The strategy of balancing the level of aspiration

4. The strategy of balancing his development: Mental health aims for the development of a wholesome well-balanced personality.

5. The strategy of integrating the self

6. The strategy of self-drive and shaping

Strategies for adjusting with environment

1. Strategies of understanding others.

2. Strategy of accepting and respecting others' individualities.

3. Strategy of socializing one's self: One must realize that the true fulfillment of the life lies in service, i.e. giving oneself to some extent to the need of others.

4. Strategy of balancing his development: Mental health aims for the development of a wholesome well-balanced personality.

5. Strategy of training the emotions: Training may be properly imparted by adopting the techniques of sublimation and catharsis

Strategies for adjusting with environment (Contin...)

6. The strategies of adjusting to the world of work: The right thing is to develop a very positive attitude towards one's world of work by remembering the maxim "works is worship". One must try to seek a proper adjustment to his work and profession for the proper safeguard of his mental health.

7. The strategy of positive attitude towards life.

8. The strategy of bearing the stress and strains of life.

9. The strategy of maintaining good physical health.

10. The strategy of having faith in God and Nature.

Thank You

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